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## New videos in the IRC Video Collection

Our complete video collection is listed in our online catalog at : <http://maineosa.org/irc/>

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### **Addiction Files: Case Study of a Recovering Alcoholic** *2001 ; 30 min. ; college, adult*

Brian, a recovering alcoholic, is examined at the social, physical, and even genetic level. Specialists compare the evidence of a specific link to alcoholism with the more generalized factors of environment and behavior. From brain scans to blood tests, this program explores alcoholism and addiction from all angles to shed light on what alcoholism is - and is not.

### **Brain Scans: Alcohol & the Teenage Brain**

*2001 ; 22 min. ; 7-12, college*

This video takes teens on a tour of several labs across the country including one at the University of California at San Diego where doctors are researching the effects of alcohol abuse in teenage brains. The show's young host has a scan performed on her own brain, and then has the chance to see how it compares with the brains of other teens who drink alcohol regularly. The studies highlighted in the video connect long-term brain damage to underage drinking. Students will see first-hand how alcohol affects teens as young as fourteen and fifteen years old. They will also learn why alcohol seems to harm younger brains more profoundly than older ones both in short and long term, impairing memory, coordination and motivation and causing addiction.

### **Challenging the Lifestyle**

*2003; 53 min., adult*

With a group of residents at Crossroads Adult Transition Center in Chicago, Illinois, Michael Johnson challenges the group to take a serious look at their alcohol, drug and criminal lifestyle. He explains that when you look at the lifestyle associated alcohol, drugs and criminal activity you have to ask yourself, "what is the payoff?". After listing the payoffs for the lifestyle he discusses feelings of isolation, loneliness, experiencing a sense of failure and being an embarrassment to family. He challenges the viewer to look at the reality and truth about who they really are.

### **Deadly Persuasion : The Advertising of Alcohol & Tobacco (vhs and dvd available)**

*2003 : 53 min., gr: 9-12, college, adult*

Jean Kilbourne exposes the marketing strategies and tactics used by the tobacco and alcohol industries to keep Americans hooked on their products. Illustrating her analysis with hundreds of current advertising examples from mainstream and trade sources, Kilbourne presents a compelling argument that these industries have a clear and deep understanding of the psychology of addiction - an understanding they exploit to create and feed a life-threatening dependency on their products.

### **Don't Drain Your Brain : How Alcohol Damages the Brain.** *2003 ; 15 min., gr.3-6*

Animation and images of the human brain are used to deliver the latest scientific findings about young people and alcohol. Viewers will learn that early alcohol use causes serious damage to the brain and significantly reduces many important brain functions. Young teen presenters review brain structures and explain how vital they are to normal, healthy functioning - including thinking, moving, speaking, hearing and smelling. Viewers get a chance to see what actually happens inside the brain when alcohol is consumed, and witness how normal brain functioning is short-circuited by alcohol.

### **Drinking Driving and Drugs: A Deadly Mix**

*2004 ; 20 min ; gr. 7-12*

This video introduces viewers to the dangers of driving under the influence of alcohol and other drugs. Through narratives of people whose lives have been destroyed, viewers are made aware that a split second decision to get behind the wheel while under the influence can cause irreparable tragedy. This video also includes statistics that show the undeniable risks involved with driving while intoxicated, as well as interviews with police, doctors, and prevention activists. Young people share why they have decided that drinking is not for them, ways to say no to alcohol, and what to do if someone is trying to get behind the wheel while under the influence. Includes reproducible Pre- and Post Test.

### **Exploring Healthy Relationships**

*2002 ; 22 min. ; gr. 8-12, college*

By introducing us to the four keys of a healthy relationship--mutual respect, open communication, trust and boundaries--Dr. Deborah Gatins, a clinical psychologist, helps students figure out how they can use these keys more successfully in everyday life. This video follows two families as their teenage children negotiate relationships with parents, siblings, friends, teachers and even employers. An extensive teacher resource book allows this program to be used over four days as part of a mini-curriculum.

### **Fetal Alcohol Syndrome: A Life Sentence**

*1997 ; 24 min. ; adult*

Fetal alcohol syndrome is the result of permanent organic injury to the brain of the fetus, caused by maternal drinking during pregnancy. That injury leads to learning disabilities, poor judgment, antisocial behavior, and worse, if a recent study is correct. This program discusses FAS within the context of that study that suggests that 20 to 25 percent of all prison inmates may suffer from the condition. The program examines how early identification and treatment of children with FAS can help prevent extreme antisocial behavior in adulthood

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### **Getting High: Not in the Job Description**

2002 ; 20 min ; 9-12, adult

Whether you work on an assembly line in a factory or write computer programs for a company's accounting department, you have a right to a safe and drug-free work environment. This program is designed to help viewers of all ages understand their rights and responsibilities on the job, to increase their protection from coworkers whose critical thinking and decision-making skills may be impaired through substance abuse.

### **Here Today: Heroin in Vermont**

2002 ; 55 min. ; adult

This documentary film is about heroin and the effects of addiction on families in Vermont's Northeast Kingdom. Although focusing on the poorest and most rural part of the state, it explores stories of people from diverse economic backgrounds, including an upper-middle class family struggling with their heroin-addicted son and a working-class addict who has been off heroin for five years.

### **Interactive Group Therapy in Addiction**

1999 ; 2 tapes-91 & 82 min. each ; college, prof

This program is aimed at clinicians, therapists, trainers, supervisors/managers of group programs as well as general health professionals and students preparing to use group therapy as a treatment modality. It provides an opportunity to observe the progress and techniques of interactive group therapy for drug and alcohol dependent persons. The seven vignettes are: Bridging; Group Resistance; Individual Resistance; Transference; Counter-Transference; Corrective Emotional Experience; and Reality Testing and Feedback. A 49 page Guide for Professional Training is included.

### **It's Never Too Late : Stopping Teen Suicide**

2004 ; 28 min.; gr. 9-12

Armed with the latest statistics and facts on teen suicide, this program teaches viewers how to recognize and respond to the risks of teen suicide. It stresses that students should not be afraid to ask if a peer is thinking about suicide and that it is important to get help. It includes the true story of several teens who recognized the warning signs in a classmate, contacted a trusted adult, and--because of their intervention--saved a life.

### **Marijuana Papers: Research Update**

2004 ; 23 min., ; gr. 7-9

This program reveals the latest scientific research about how marijuana changes the adolescent brain, impairs the brain's ability to perform complex tasks, lowers the body's immune system and can become powerfully addictive. Using a format similar to popular TV detective shows, several real teens travel across the country in search of answers to important questions like: Is it true marijuana's not addictive? and How can something "natural" like marijuana be harmful?

### **Maslow's Hierarchy of Needs**

2002 ; 42 min. ; adult

Delbert Boone discusses Dr. Abraham Maslow's theory that human beings are motivated by unsatisfied needs and that certain lower, basic needs must be satisfied before higher needs can be met. He ties Maslow's theory to the pre-occupation of drug use and the negative effects which result from alcohol/drug addiction. Boone says that since addiction is a progressive illness, it first destroys a person's ability to achieve self-actualization (fulfill dreams, etc.) and eventually destroys the person's ability to meet their other more basic needs including those relating to physiology, safety, love and self-esteem.

### **Overcast : a Heroin Prevention Video**

2000 ; 15 min., ; 9-12, college

This video addresses the myths about heroin through stories told by recovering heroin addicts and family members of users. Viewers will find out why overdose is possible with each use, how easy it is to slide into addiction, and how bleak life becomes when the only thing that matters is staving off withdrawal symptoms. This video also teaches a young person how to help a friend who is using heroin.

### **The Re-entry Trap**

2004 ; 55 min. ; adult

With a group of residents at Crossroads Adult Transition Center in Chicago, Illinois, Michael Johnson addresses successful strategies for re-entry back into the community by focusing on lifestyle changes, and emphasizing the importance of having a strong support system to help you avoid the traps of falling back into your old lifestyle of alcohol, drugs and crime.

### **Reflections on Human Spirituality : Search for Meaning**

1997 ; 30 min. ; 9-12, college, adult

This video on spiritual health features experts who address the search for its meaning. It uses "the search" to draw connections together from the course philosophy—connections to self, to significant others and to large groups. (Note: This is the final component of a series on wellness. It addresses spirituality from a general perspective. Additional parts of the series are not owned by the IRC.)

### **The Science of Methamphetamine: An Informed Recovery**

2005 ; 30 min. ; adult

This video separates the facts from fiction about methamphetamine treatment. It features clinicians from the Matrix Institute presenting clinical concepts along with the unscripted words of men and women who have experienced methamphetamine addiction firsthand.

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### **Spin the Bottle: Sex, Lies and Alcohol**

2004 ; 45 min. ; college (vhs and dvd available)

Spin the bottle offers a critique of the role that contemporary popular culture plays in glamorizing excessive drinking and high-risk behaviors. By exploring the college party scene, Spin The Bottle shows the difficulties students have in navigating a cultural environment saturated with messages about gender and alcohol. Interviews with campus health professionals provide a clear picture of how drinking impacts students' health and academic performance, but it is the students' own experiences and reflections that tell the real story behind alcohol's alluring public image.

### **Stages of Family Recovery**

2005 ; 36 min. ; adult

The pain of living with a loved one's addiction can lead to shame, secrecy, and isolation. This video lets families know they're not alone-and that recovery is possible. Teens, parents, and grandparents share stories of despair and hope, helplessness and optimism. Clinical insights help families progress through the stages of recovery.

### **Step Videos for Adults**

2004 ; 15 min. ; adult ; 3 videos: Steps 1, 2 & 3

Rufus, Debra, and Andrew share stories about unmanageability, turning over their will, working with sponsors, and the setbacks and triumphs they faced in working the first three Steps. Their stories are candid, from the heart, and at times touched with humor.

### **Step Videos for Adolescents**

2004 ; 15 min. ; gr. 8-12 3 videos: Steps 1, 2 & 3

Admitting to powerlessness, coming to believe, turning over one's will--how a teen experiences the first three steps can differ exponentially from an adult. Sarah, Adam, and other teens share their triumphs and setbacks in candid heartfelt stories about parents, school, and friendships.

### **Surviving Recovery Series (pts. 1, 2, 3)**

2003 ; 37, 40, 48 min. ; adult

Damon Berryman brings together a group of men and women who have been in and out of jails, prisons and treatment centers, who are attempting to live a different way of life. Specific tactics for surviving recovery are explained.

### **Surviving Suicide : Those Left Behind**

2004 ; 51 min.; adult

What happens to the loved ones left behind following a completed suicide? When unable to escape feelings of guilt, they are nine times more likely to take their own lives. Judy and Paul Tunkle-who lost their daughter, Lea, at the age of 22-have worked tirelessly to change that. This program highlights their efforts, as well as the labors of many survivors, to provide assistance to those left in suicide's wake. Along the way, the Tunkles reflect on their daughter's life, and other survivors share their experiences of loss and hope.

### **Tolerance: Responding to Differences**

2000 ; 20 min. ; gr. 6-8

This video, consisting of four dramatic scenes and real-life interviews challenges students to look at each scene and determine what they would do in these situations: Miguel, a talented basketball player whose clothing doesn't seem to measure up to another boy's standards, Stephanie, an out-going teenager who needs a wheelchair to move around, Spencer, whose mother can't go to his science fair because she has to work, and Kyle who has a weight problem. The program concludes with a section called "Tools for Tolerance" which demonstrates that the tools of empathy, respect, acceptance, and forgiveness can be used to develop more tolerant attitudes.

### **The Truth About Suicide : Real Stories of Depression in College.**

2005 ; 27 min.; College, Adult

This video was developed by the American Foundation for Suicide Prevention as a part of its commitment to support Colleges and Universities in implementing suicide prevention as an integral part of their ongoing campus activities and services. The aim of this film is to present a recognizable picture of depression and other problems associated with suicide, as they are commonly experienced by college students and other young adults.